

**Brief Course Description**

The purpose of this course is for the student to study individual body biochemistry as an important factor in the maintenance of health. Students will also gain a new understanding of how the chemical imbalances in blood and tissue are the root cause of what ails us. The sense of smell, and the role it can play in health, is explored. Finally, students will learn a variety of blood tests and their meanings.

**Course Prerequisites**

- Pediatric Nutrition
- Adult Nutrition
- Geriatric Nutrition
- Fundamentals of Holistic Nutrition 1
- Nutritional Symptomatology
- Environmental Pollution
- Preventative Nutrition
- Allergies and Nutrition
- Human Anatomy
- Human Physiology
- Biological Studies
- Fundamentals of Holistic Nutrition II
- Fundamentals of Holistic Nutrition IIIA
- Fundamentals of Holistic Nutrition IIIB
- Nutritional Pathology
- Psycho Nutrition
- Chemistry
- Biochemistry Part 1

**Textbooks Required for this Course**

An Introduction to Chemistry for Biology Students by G.I Sackheim  
Feed Your Body Right by L. Smith

**Equipment Required for this Course**

N/A

**Course Duration**

**Course is self paced, distance education.**  
Approximately 20 hours of study.

**Homework Hours**

None.

**Delivery Methods**

Indicate how the course is delivered:

- On-site delivery.*  
 ***Distance delivery.***  
 *Combined delivery (on-site and distance.)*

**Instructional Method**

**Method of Delivery.**

**Contact Hours.**

(reflect all methods used.)

**Distance Education.**

**Monday-Friday, 9am to 5pm**

<b>Learning Objectives/Outcomes</b>	<b>Upon completion of this course the successful student will have reliably demonstrated the ability to:</b> At the end of this course you will be able to correctly read and interpret a variety of blood tests.
<b>Student Progress/Assessment Methods</b>	Students are assessed based on an open book examination at the end of the course, which is then submitted for marking. Students must score 80% to be considered successful.
<b>Attendance Expectations</b>	N/A
<b>Dress Expectations (if applicable)</b>	N/A

**Course Details**

**The following topics are covered in this course, summarizing the subject matter sufficient to achieve the learning outcomes for the course.**

<b>Lesson:</b>	<b>Topics Covered</b>
1	Sense of Smell – Using it to Determine Biochemical Needs
2	Blood Tests – Variety and Meaning
3	Blood Tests – Reading and Interpreting
4	Electrolytes

